Dear Fishermoss Family

Welcome back to a new term!  We trust you all managed to enjoy some fun during the October Holidays despite some ‘dreich’ days!

The start of this new term has unfortunately brought with it a significant number of pupil and staff absences this week.  We do hope everyone starts to feel better soon!    Apologies to you all if we haven’t perhaps been able to respond to emails, notes in homework diaries, answer or return telephone calls or respond to knocks at the front door as efficiently as we would like but with 5 staff absent this week it has been somewhat hectic. We are most grateful for your patience and support in these challenging days where the usual winter bugs are still out there, in addition to the COVID pandemic.

**PE……**Where weather permits, we are being encouraged to do as much outdoor learning as possible and make the most of the fresh air.  This includes us continuing to look at opportunities to deliver PE outside where possible. PE outdoors is deemed safer than indoors and with this in mind, jogging bottoms or leggings would be great for PE days.  Lots of warm layers!  Dig out those thermal vests!

**Poppy Scotland**……As always, we are supporting this important appeal. Poppies will be available to children and staff in school week beginning Monday 8th November. If Pupils wish to do so, they can request a poppy from their teacher and put a donation in a pot in their classroom. Poppies will have been quarantined for 72 hours!

**Messy Church**…… Please also find attached a flyer from Portlethen Parish Church who are holding a ‘**Messy Church’** event tomorrow in **Portlethen Church Hall**.  This looks like great fun with arts, crafts, music and storytelling followed by a yummy supper!  A brilliant way to spend Saturday afternoon.

**Children in Need……**As part of our work as **‘Global Warriors’**, we will be supporting the Children in Need charity on **Friday 12th Nov.**  All pupils and staff are invited to **‘Dress as they please’** and to donate, if they so wish, for the privilege. Dress can range from pyjamas to sports gear to frocks to fancy dress to casual.  We would be most grateful if princesses, fairies or pyjama pupils have warm layers for going outside and suitable footwear. Grateful also if superheroes are able to visit the toilet without requiring assistance to get out of their outfits. 😊

**Minor Injury Units……**Attached is an information leaflet from the NHS regarding Minor Injury Units.  The NHS have asked for our help with sharing this information with Parents/Carers.

**Scottish Book Trust supporting parenting session – making the most of your child’s Bookbug P1 family bag and P2and P3 Read, Write, Count bag at home. Wednesday 10 November 18:30 – 19:30**……Join as they share some practical advice on how best to use the resources in this year’s bags and discover tips and ideas to support learning at home.  Scottish Book Trust are committed to supporting all parents and carers, recognising the important part they play in their child’s education and believing that simple, fun, everyday activities can impact greatly on their performance in school.

Their free resources linked to the Bookbug P1 bag and Read, Write Count pupil bag for P2 and 3, provide practical activities for families to read together, play games and participate in number related activities, building confidence in Literacy and Numeracy skills.  **Bags to follow!**  Anyone interested in attending this session should enrol by using the following link

<https://www.eventbrite.co.uk/e/scottish-book-trust-primary-1-3-supporting-parents-session-tickets-195164170287>

**As always……If your child is unwell but they are not displaying symptoms of coronavirus, please keep them at home until they are back in good health. Please do not send unwell children to school to see how they cope.  Do keep them at home until you are sure they are fit and well.** **Please continue to err on the side of caution.**

**Face coverings should be worn by parents and other visitors to the school site,** whether entering the building or otherwise, **including parents at drop-off and pick-up.**

For vomiting and/or diarrhoea, as per normal circumstances, pupils should remain at home for at least 48 hours after symptoms have passed. This now also relates to a fever or high temperature (alongside a negative coronavirus result) and they should not return to school for at least 48 hours after symptoms have passed.

**To help reduce the risk to your family and to help reduce the likelihood of spread of coronavirus in school and the community, please:**

* Undertake the recommended twice weekly lateral flow testing as this can catching infections early.
	+ Free at-home LFD test kits are available for you and your primary-school aged children by collection from COVID test centres or pharmacies, or delivery by ordering online. More information can be found at: [www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/no-covid-symptoms](http://www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/no-covid-symptoms).
	+ Please ensure that all test results, whether positive, negative or void, are recorded on the online portal at: [www.covidtest.scot](http://www.covidtest.scot) OR by phoning 119.
	+ Lateral flow tests should not be undertaken if an individual has tested positive for coronavirus in the last 90 days.
* Arrange vaccination as soon as possible, if you or anyone eligible in your family have not yet been vaccinated. Information can be found at [www.nhsinform.scot/covid-19-vaccine](http://www.nhsinform.scot/covid-19-vaccine). Vaccination is our best defence against COVID-19 causing anyone to become seriously unwell.
* Wear a face covering in line with guidance, keep your distance, keep rooms ventilated, and wash your hands with soap and water regularly.

**What to do if you or your child develop symptoms**

If you or your child develop a new continuous cough, or high temperature, or a loss of/ change in sense of taste or smell, your child must not come to school. The symptomatic person should arrange a PCR test as soon as possible, and the whole household should stay at home until the test result comes back.

PCR tests can be arranged at [**www.nhsinform.scot**](http://www.nhsinform.scot)at your nearest COVID-19 test site. There are drive-through, walk-through and mobile testing units across Scotland which are open from 8-am until 8pm, 7 days a week. A full list of sites can be found at [**Gov.Scot**](https://www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/covid-symptoms/) or go to [**COVID Testing (nhsgrampian.org)**](https://www.nhsgrampian.org/covid-19/covid-testing/)

Further information on testing and self-isolation can be found at [**www.nhsinform.scot**](http://www.nhsinform.scot)

Finally, a wee reminder that our **Parent Staff Council EGM** will be held on Monday 8th November 7:30pm through TEAMS.  Details were emailed earlier in the week.  We hope as many as possible can join us.

Thank you as always for your continued support and kindness.

Wishing you all a lovely weekend!

Kindest regards

**Margaret M. Ferguson**

**Head Teacher**

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**‘Being the best we can be’**

**Respect-Honesty-Responsibility-Kindness-Hardworking**